

Chapter 13 Big Ideas

Abraham Maslow

Human Needs: A Hierarchical Theory

- D-needs
- B-Needs

Hierarchy of Needs

- Drive to become *self-actualized* and to fulfill potentials

Self-actualization

Peak Experiences

Carl Rogers

The Rise of Phenomenology

Actualizing Tendency

The Self

- The self-concept

Congruence / Incongruence

Personality Development

Unconditional positive regard

Person-Centered Therapy

- Empathy
- Acceptance
- Genuineness